

Child and Adult Care Food Program Meal Pattern Requirements for Children

Meal Components	Ages 1-2	Ages 3-5	Ages 6-12
Breakfast:			
<input type="checkbox"/> Milk, Fluid	$\frac{1}{2}$ cup (4 ounces)	$\frac{3}{4}$ cup (6 ounces)	1 cup (8 ounces)
<input type="checkbox"/> Juice or Fruit or Vegetable ¹	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
<input type="checkbox"/> Bread or Bread alternate or	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
<input type="checkbox"/> Cornbread, biscuits, rolls, muffins, etc.	$\frac{1}{2}$ serving	$\frac{1}{2}$ serving	1 serving
<input type="checkbox"/> Cereal, cold dry ²	$\frac{1}{4}$ cup or $\frac{1}{3}$ ounce	$\frac{1}{3}$ cup or $\frac{1}{2}$ ounce	$\frac{3}{4}$ cup or 1 ounce
<input type="checkbox"/> Cereal, hot cooked	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
<input type="checkbox"/> Noodles, Pasta, or Noodles Products	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Supplement (Snack): (Select 2 of the 4 components)			
<input type="checkbox"/> Milk, Fluid	$\frac{1}{2}$ cup (4 ounces)	$\frac{1}{2}$ cup (4 ounces)	1 cup (8 ounces)
<input type="checkbox"/> Juice or fruit or vegetable ¹	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
<input type="checkbox"/> Meat or Meat Alternate	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
<input type="checkbox"/> Cheese	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
<input type="checkbox"/> Egg (large)	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
<input type="checkbox"/> Cooked dry beans or dry peas	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
<input type="checkbox"/> Peanut Butter or other nut or seed butters	1 TBSP	1 TBSP	2 TBSP
<input type="checkbox"/> Nuts and/or seeds ⁴	$\frac{1}{2}$ ounce ⁴	$\frac{1}{2}$ ounce ⁴	1 ounce
<input type="checkbox"/> Yogurt, plain or sweetened ³	2 ounces	2 ounces	4 ounces
<input type="checkbox"/> Bread or bread alternate including	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
<input type="checkbox"/> Cereal, cold dry	$\frac{1}{4}$ cup or $\frac{1}{3}$ ounce	$\frac{1}{3}$ cup or $\frac{1}{2}$ ounce	$\frac{3}{4}$ cup or 1 ounce
<input type="checkbox"/> Cereal, hot cooked	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
<input type="checkbox"/> Cooked pasta or noodle products	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Lunch or Supper:4			
<input type="checkbox"/> Milk, fluid	$\frac{1}{2}$ cup (4 ounces)	$\frac{3}{4}$ cup (6 ounces)	1 cup (8 ounces)
<input type="checkbox"/> Meat or poultry or fish	1 ounce	1 $\frac{1}{2}$ ounces	2 ounces
<input type="checkbox"/> Or Egg	1	1	1
<input type="checkbox"/> Or Cheese	1 ounce	1 $\frac{1}{2}$ ounces	2 ounces
<input type="checkbox"/> Or cooked dry beans or dry peas	$\frac{1}{4}$ cup	$\frac{3}{8}$ cup	$\frac{1}{2}$ cup
<input type="checkbox"/> Or Peanut Butter and other "Butters"	2 TBSP	3 TBSP	4 TBSP
<input type="checkbox"/> Or Nuts and Seeds ⁴	$\frac{1}{2}$ ounce ⁴	$\frac{3}{4}$ ounce ⁴	1 ounce
<input type="checkbox"/> Or Yogurt ³	4 ounces	6 ounces	8 ounces
<input type="checkbox"/> Vegetables and/or fruits or juice (2 or more total)	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
<input type="checkbox"/> Bread or bread alternate	$\frac{1}{2}$ serving or $\frac{1}{2}$ slice	$\frac{1}{2}$ serving or $\frac{1}{2}$ slice	1 serving or 1 slice
<input type="checkbox"/> Cooked cereal grains	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
<input type="checkbox"/> Cooked pasta or noodle products	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup

¹ IF YOU ARE SERVING JUICE: Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day. It may fill up the children and take the place of other needed nutrients.

² Cup measurement is volume, ounce measurement is weight, whichever is less.

³ Yogurt is permitted as a meat/meat alternate. Four ounces ($\frac{1}{2}$ cup) of yogurt fulfills the equivalent of 1 ounce of meat/meat alternate.

⁴ Nuts and seeds may be credited towards meeting only 50% of the meat/meat alternate requirement. Nuts and seeds are NOT recommended for children under 4 years of age. 1 ounce of nuts or seeds = 1 ounce of cooked lean meat.